

Recognizing Your Stress Symptoms

Physical Symptoms

- Tight neck & shoulders
- Pounding heart
- Chest pain
- Headaches
- High blood pressure
- Upset stomach
- Fatigue
- Cold or sweaty hands
- Eyestrain
- Excessive sweating
- Constipation/Diarrhea
- Nervous tics
- Rashes
- Teeth grinding

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Emotions

- Depression
- Anger
- Irritability
- Low self esteem
- Apathy
- Impatience

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Behavior

- Overeating
- Increase in smoking or drinking
- Change in sleeping habits
- Reckless driving
- Forgetfulness
- Drug use
- Negativity